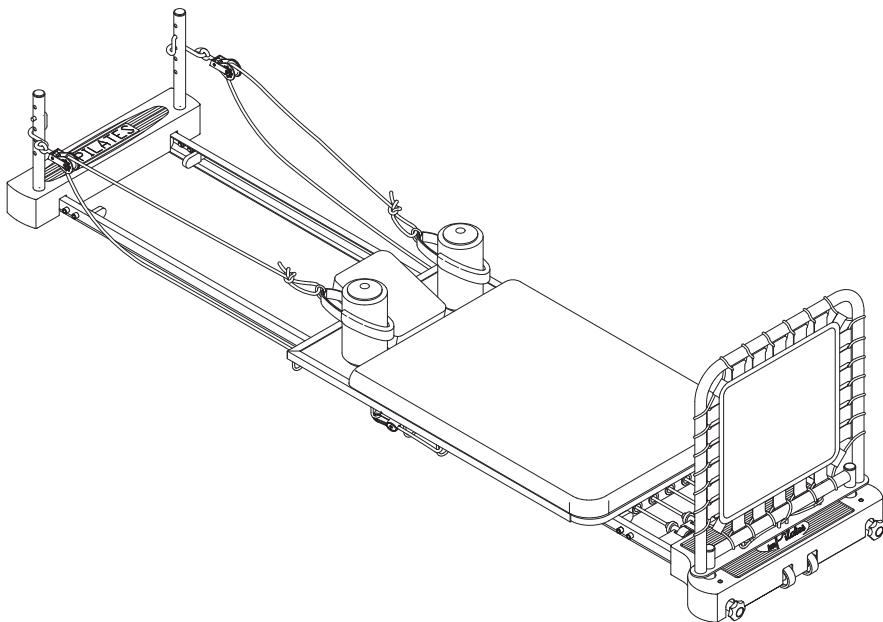


# AeroPilates®

LESS STRESS | MORE HEART

PERFORMER PLUS 5002

## Owner's Manual



Product May Vary Slightly From Pictured.

**CAUTION:**

Weight on this product should not exceed 350 lbs.

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803  
Customer Service  
1 (800) 375-7520  
[www.staminaproducts.com](http://www.staminaproducts.com)

### ⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

**Model#: 55-5002**

United States and/or International patents apply and/or are pending. See [www.staminaproducts.com](http://www.staminaproducts.com) for details.

**STAMINA PRODUCTS  
MADE IN CHINA**

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2015, 05

## TABLE OF CONTENTS

Safety Instructions .....	2	Maintenance .....	16
Before You Begin .....	4	Conditioning Guidelines .....	17
Equipment Warning, Caution & Notice Labels ...	5	Warm-Up and Cool-Down .....	18
Hardware Identification Chart .....	6	Warranty .....	19
Assembly Instructions .....	7	Product Parts Drawing .....	20
Operational Instructions .....	11	Parts List .....	21
Storage .....	16	Fax/Mail Ordering Form .....	23

## SAFETY INSTRUCTIONS

**⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

**⚠ CAUTION** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.

**⚠ CAUTION** The Tension Cords(8, 9, and 10) and Bungee Cord(52) contain natural rubber latex which may cause allergic reactions.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Performer Plus 5002.

1. Save these instructions and ensure that other exercisers read this manual prior to using the AeroPilates® Performer Plus 5002 for the first time.
2. Read all warnings and cautions posted on the AeroPilates® Performer Plus 5002.
3. The AeroPilates® Performer Plus 5002 should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
6. Keep children away from the AeroPilates® Performer Plus 5002. Do not allow children to use or play on the AeroPilates® Performer Plus 5002. Keep children and pets away from the AeroPilates® Performer Plus 5002 when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the AeroPilates® Performer Plus 5002 on a solid level surface. Do not position the AeroPilates® Performer Plus 5002 on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the AeroPilates® Performer Plus 5002.
10. Before using, inspect the AeroPilates® Performer Plus 5002 for worn or loose components, and tighten or replace any worn or loose components prior to use.
11. When folding or unfolding the AeroPilates® Performer Plus 5002, keep all children away from the AeroPilates® Performer Plus 5002 and make sure your hands are clear of any folding or pinch point.
12. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the AeroPilates® Performer Plus 5002.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the AeroPilates® Performer Plus 5002. Loss of balance may result in a fall and bodily injury.
16. The AeroPilates® Performer Plus 5002 should not be used by persons weighing over 350 pounds.
17. The AeroPilates® Performer Plus 5002 should be used by only one person at a time.
18. The AeroPilates® Performer Plus 5002 is for consumer use only. It is not for use in public or semipublic facilities.

# Call Us First



**Customer Service**  
**1 (800) 375-7520**  
**[www.staminaproducts.com](http://www.staminaproducts.com)**

---

**THANK YOU FOR PURCHASING THE**  
**AeroPilates® Performer Plus 5002**

To enact your warranty, please register your product  
by going to [register.staminaproducts.com](http://register.staminaproducts.com)

To help you get started, we have pre-assembled most of your AeroPilates® Performer Plus 5002 at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**  
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.  
Friday, 8:00 A.M. - 3:00 P.M., Central Time.



**ONLINE**  
CUSTOMER SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



**TELEPHONE**  
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CUSTOMER SERVICE  
Fax: (417) 889-8064



**MAIL**  
STAMINA PRODUCTS, INC.  
ATTN: Customer Service  
P.O. Box 1071  
Springfield, MO. 65801-1071

BECOME A FAN!



BECOME A FAN!



## BEFORE YOU BEGIN

Thank you for choosing the **AeroPilates® Performer Plus 5002**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AeroPilates® Performer Plus 5002** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

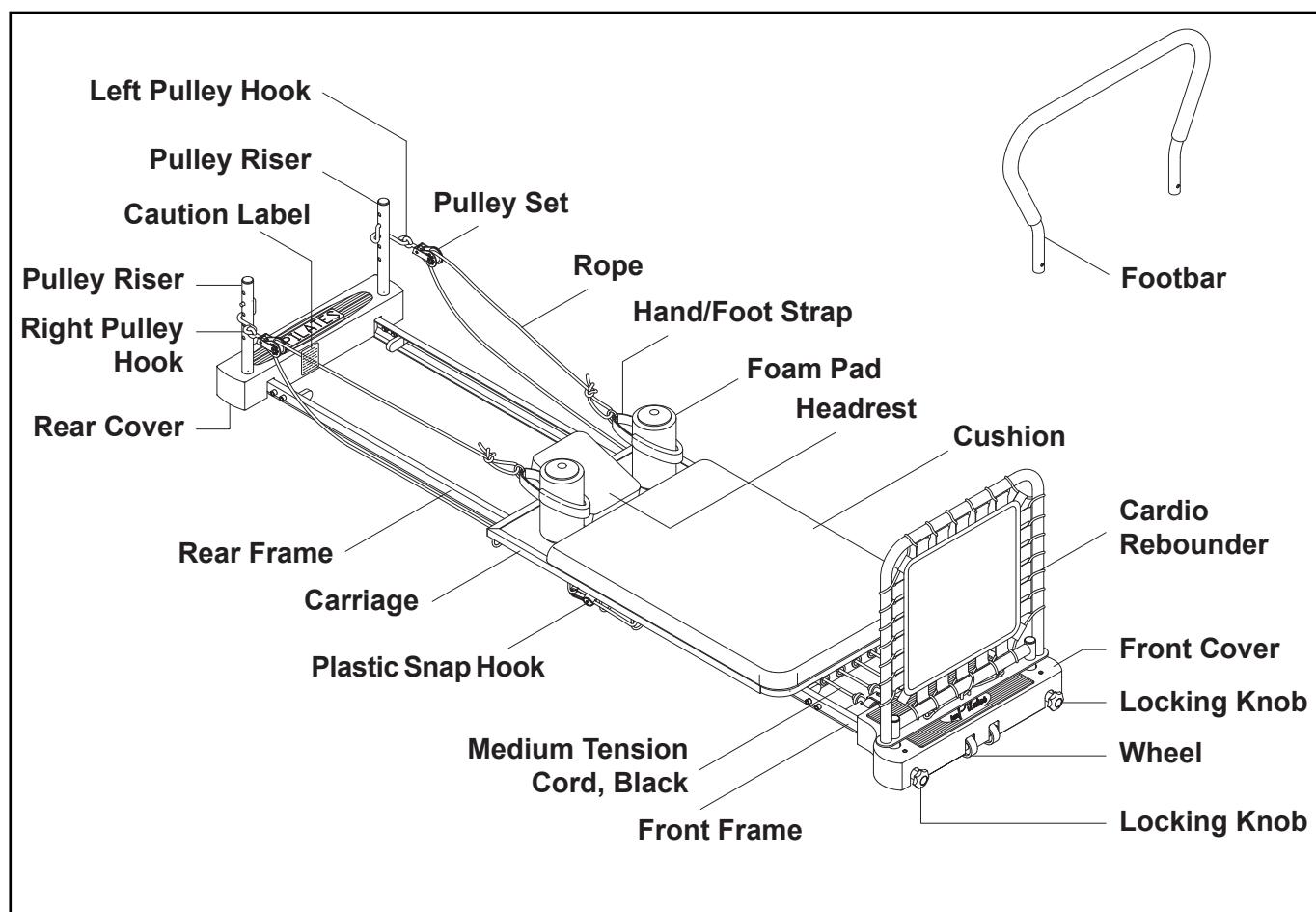
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **AeroPilates® Performer Plus 5002**.

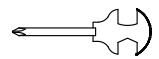
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AeroPilates® Performer Plus 5002**, please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to [staminaproducts.com](http://staminaproducts.com) to the Services section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Combination Wrench



Socket Wrench

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AeroPilates® Performer Plus 5002**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

**Labels are larger than actual size**

### C1 CAUTION LABEL(59)

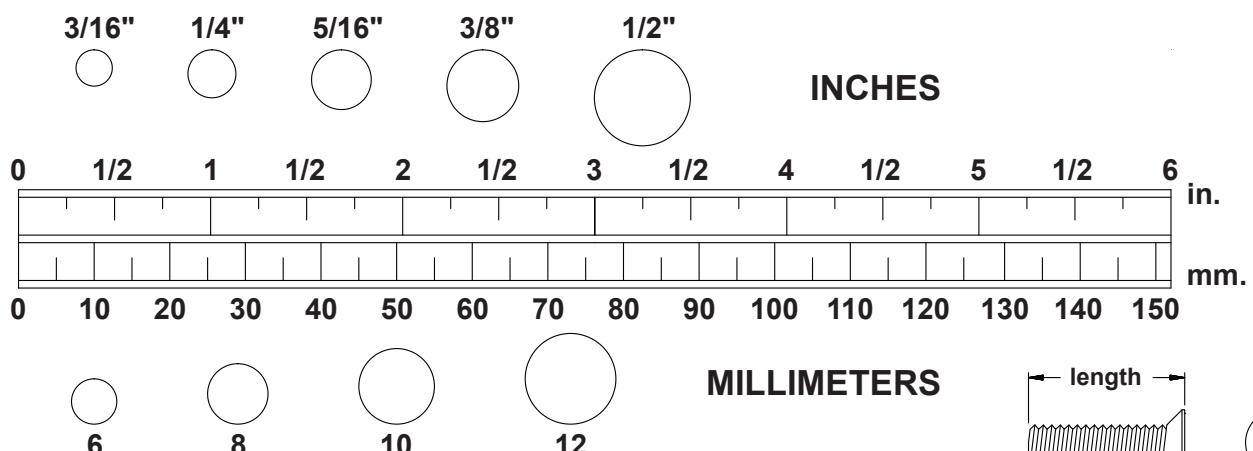


### C2 PINCH POINT CAUTION LABEL(66)

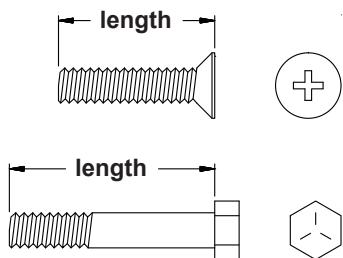


## **HARDWARE IDENTIFICATION CHART**

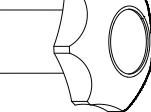
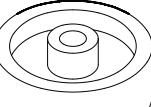
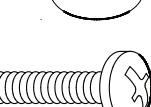
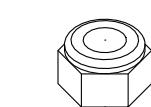
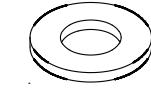
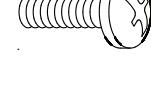
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

Part Number and Description			Qty
	26	Locking Knob	4
	27	Wheel	2
	31	Rubber Foot	4
	38	Screw, Round Head (M5 x 0.8 x 35mm)	4
	42	Nylock Nut (M8 x 1.25)	2
	47	Washer (M8)	6
	55	Screw, Round Head (M5 x 0.8 x 12mm)	2

## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) under the Service section and order the part needed, e-mail us at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

### STEP 1

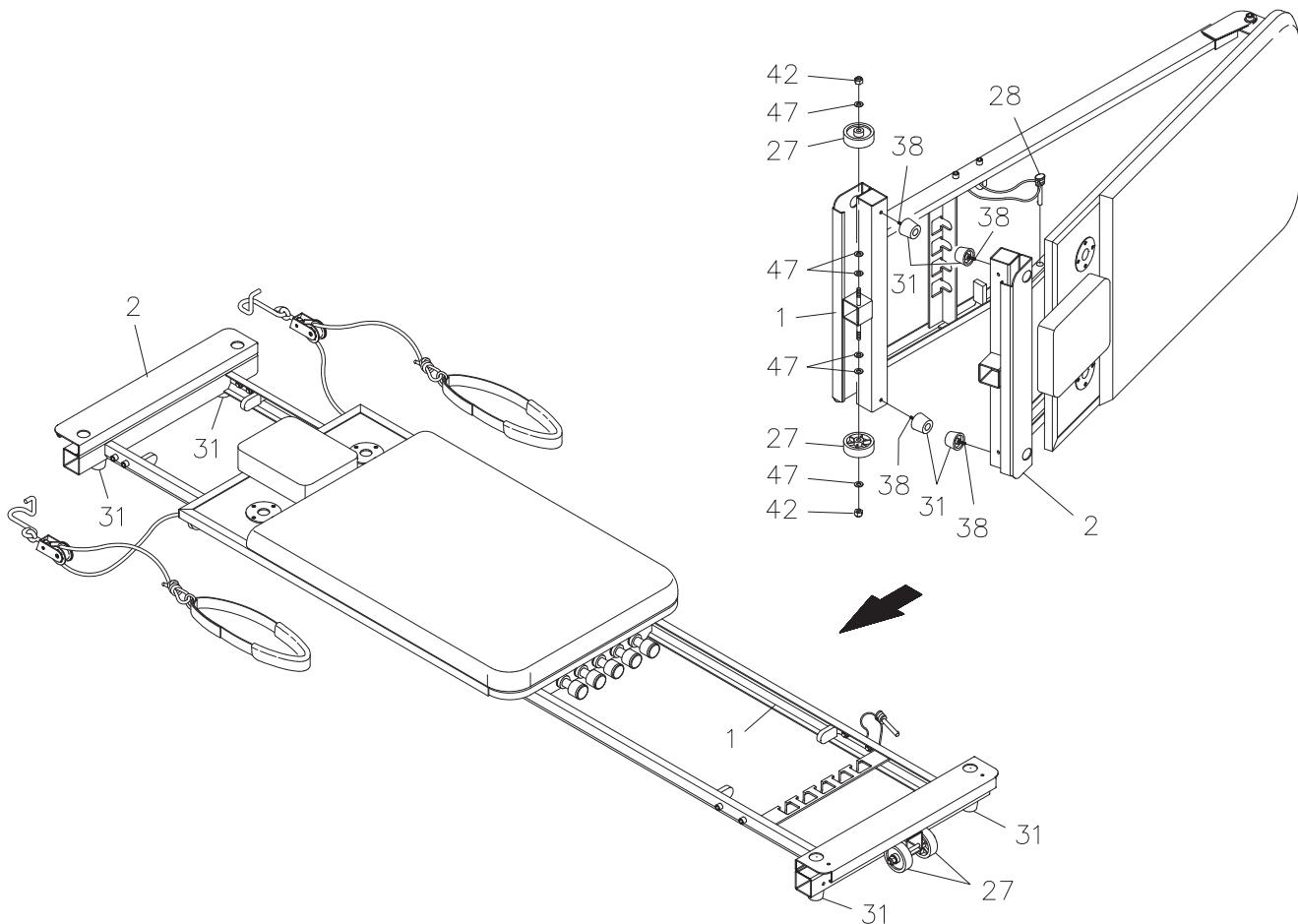
Remove your **AeroPilates® Performer Plus 5002** from its packaging, placing the product on its side with the **LOCKING PIN(28)** side upward. Remove the **LOCKING PIN(28)** and unfold the **MAIN FRAME ASSEMBLY** separating the half that has the attached **LOCKING PIN(28)**. When completed, the frame should form a "V" with the frame ends separated approximately three feet.

### STEP 2

Attach the four **RUBBER FEET(31)** to the **FRONT FRAME(1)** and **REAR FRAME(2)** with **ROUND HEAD SCREWS(M5x0.8x35mm)(38)**. The **ROUND HEAD SCREWS(M5x0.8x35mm)(38)** are already in the **RUBBER FEET(31)**. Attach the **PLASTIC WHEELS(27)** to the **FRONT FRAME(1)** with **WASHERS(M8)(47)** and **NYLOCK NUTS(M8x1.25)(42)**.

### STEP 3

Unfold your **AeroPilates® Performer Plus 5002** to a flat position by moving the **FRONT FRAME(1)** away from the platform end of the **REAR FRAME(2)** in a clockwise position until fully extended. Lower the **AeroPilates® Performer Plus 5002** so all four **RUBBER FEET(31)** are flat on the floor.



## ASSEMBLY INSTRUCTIONS

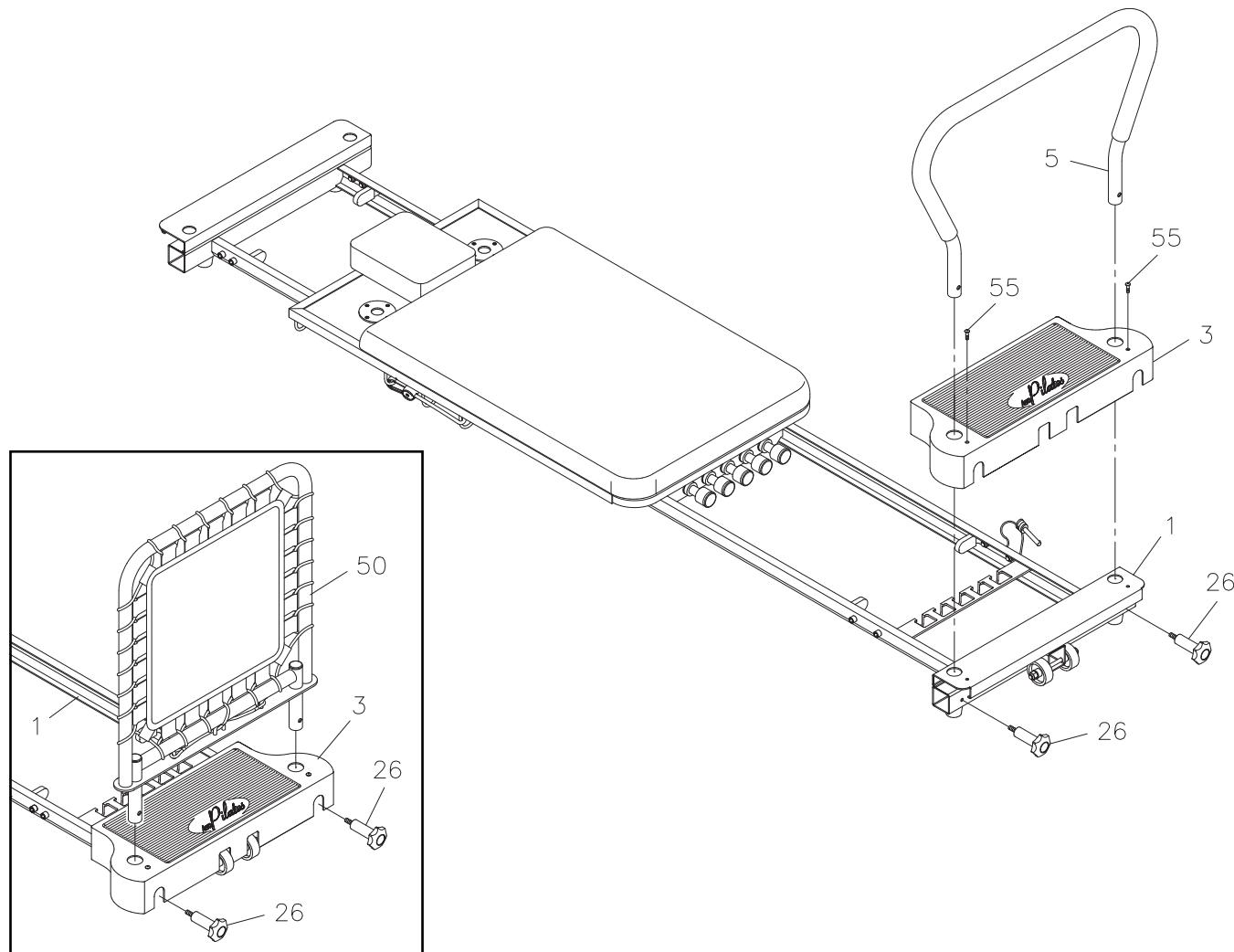
### STEP 4

Remove the paper covering from the foam tape inside the **FRONT COVER(3)**. Place the **FRONT COVER(3)** over the **FRONT FRAME(1)** and press the cover securely into place. Secure the **FRONT COVER(3)** to the **FRONT FRAME(1)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(55)**.

### STEP 5

Make sure that the threaded holes in the **FOOTBAR(5)** are facing toward the end of the **AeroPilates® Performer Plus 5002** as shown in the illustration. Insert the **FOOTBAR(5)** into the mounting holes located in the **FRONT COVER(3)** and **FRONT FRAME(1)**. Insert the **FOOTBAR(5)** all the way to the bottom and lock it in place with the **LOCKING KNOBS(26)**.

**NOTE:** You can choose to insert the **CARDIO REBOUNDER(50)** into the **FRONT FRAME(1)** and lock in position with the **LOCKING KNOBS(26)**. Refer to the inset drawing.



## ASSEMBLY INSTRUCTIONS

### STEP 6

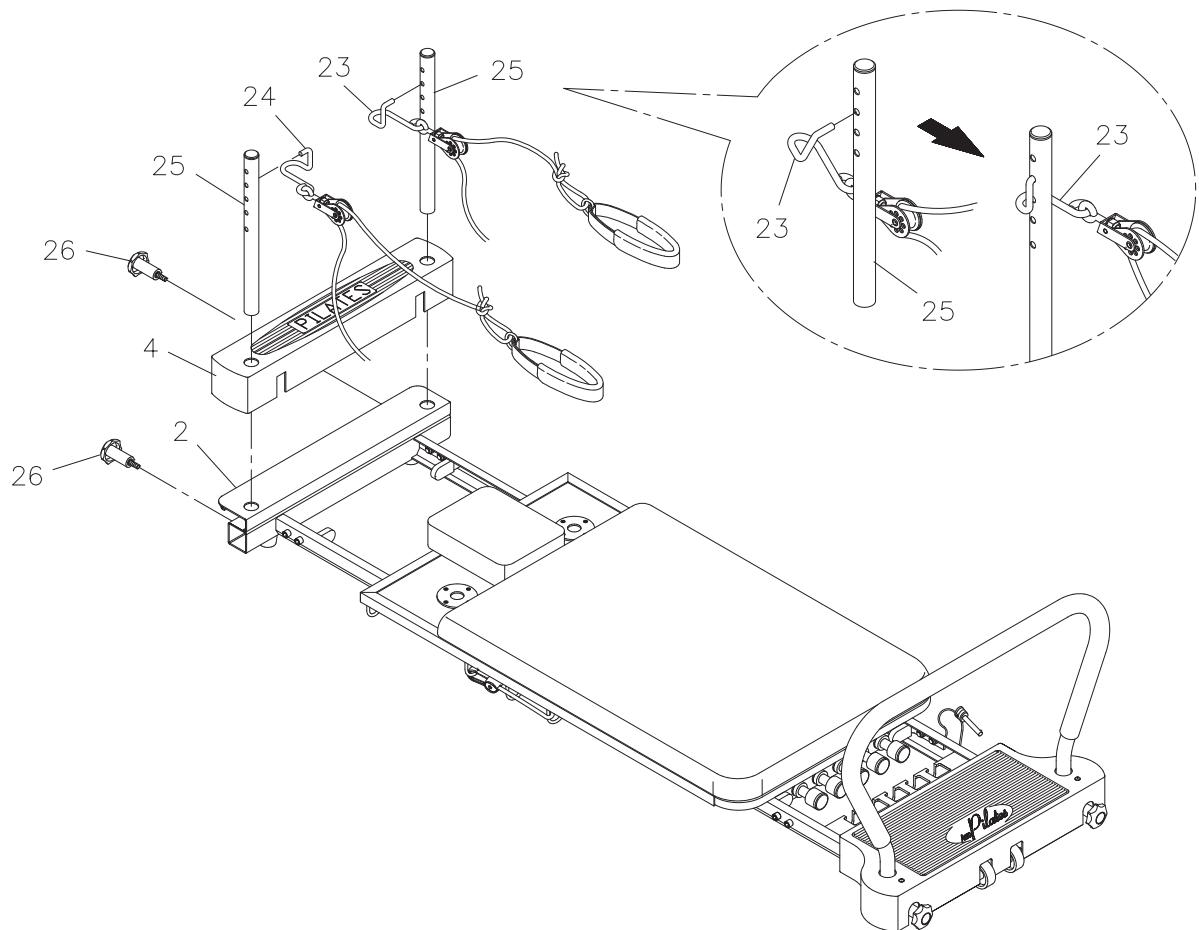
Remove the paper covering from the foam tape inside the **REAR COVER(4)**. Place the **REAR COVER(4)** over the end of the **REAR FRAME(2)**. Press the cover securely in place.

### STEP 7

Insert the **PULLEY RISERS(25)** into the mounting holes in the **REAR COVER(4)** and **REAR FRAME(2)**. Insert the **PULLEY RISERS(25)** all the way to the bottom, align the threaded holes in the **PULLEY RISERS(25)** with the holes in the **REAR FRAME(2)**, and lock the **PULLEY RISERS(25)** in position with the **LOCKING KNOBS(26)**.

### STEP 8

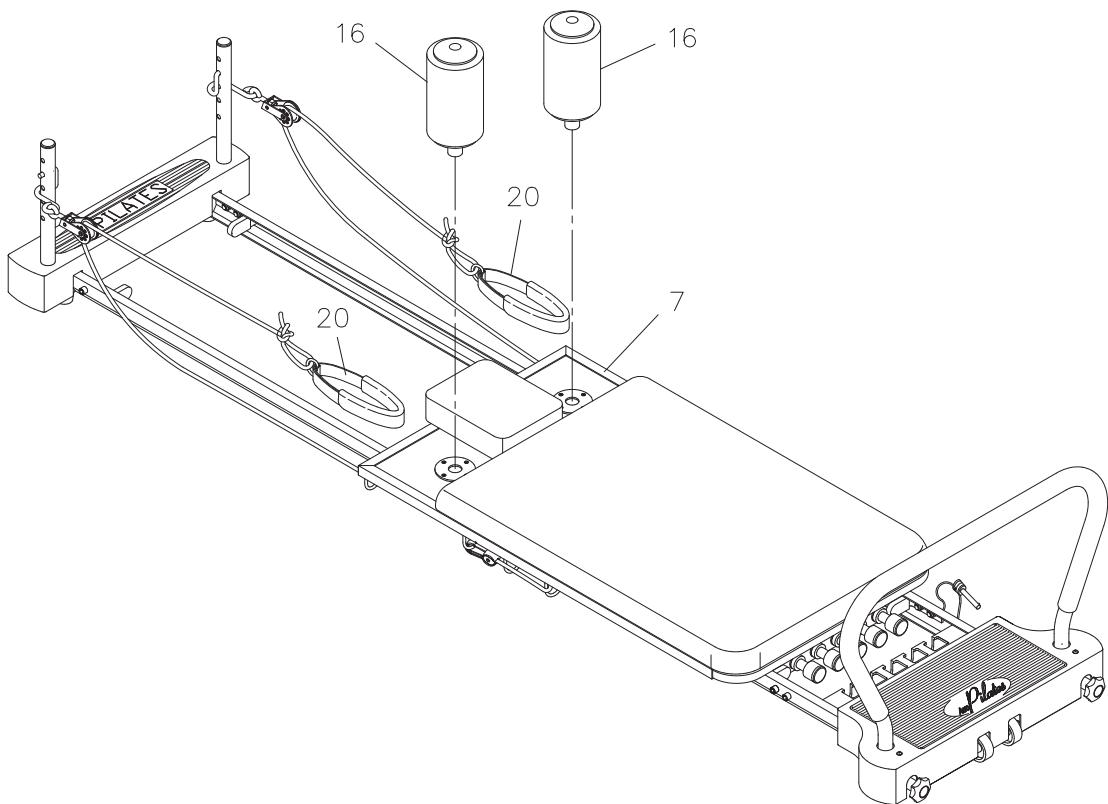
Refer to the detail drawing below showing an enlarged view of the left **PULLEY RISER(25)** and the **LEFT PULLEY HOOK(23)**. With the pulley facing down, insert the **LEFT PULLEY HOOK(23)** into the left **PULLEY RISER(25)** from the inside as shown. Swing the pulley forward as shown and the **LEFT PULLEY HOOK(23)** will be in position for use. Use the same procedure to install the **RIGHT PULLEY HOOK(24)** on the right **PULLEY RISER(25)**.



## ASSEMBLY INSTRUCTIONS

### STEP 9

Insert the **FOAM PAD ASSEMBLIES(16)** into the holes located on the **CARRIAGE(7)**. Place the **HAND/FOOT STRAPS(20)** onto the **FOAM PAD ASSEMBLIES(16)** for storage.



## OPERATIONAL INSTRUCTIONS

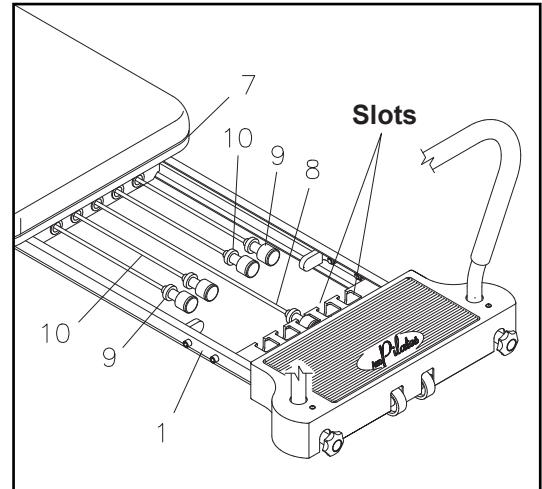
### LOAD ADJUSTMENT

There are three different tension levels for the tension cords.

- **LOW TENSION CORD, YELLOW(8)**
- **MEDIUM TENSION CORD, BLACK(9)**
- **HIGH TENSION CORD, RED(10)**

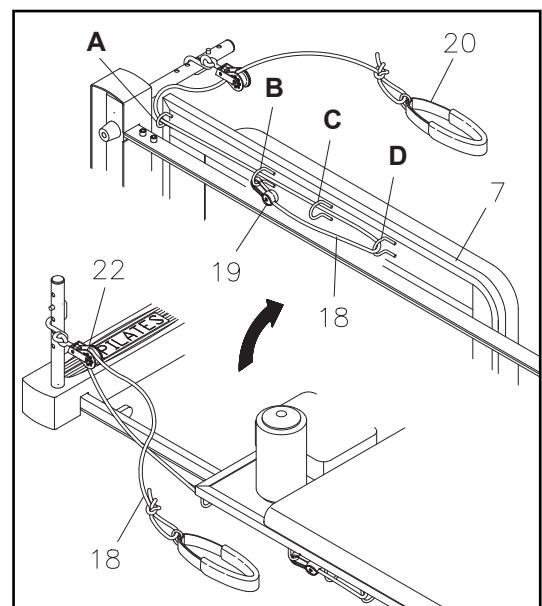
The resistance of the **CARRIAGE(7)** can be adjusted by securing the **TENSION CORDS(8, 9, 10)** in the slots on the **FRONT FRAME(1)**. You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(8, 9, 10)** in the slots.

**NOTE:** Over time your **TENSION CORDS(8, 9, 10)** will relax. To increase resistance in the **TENSION CORDS(8, 9, 10)**, stretch and re-tie the tension cords in a more taut position.



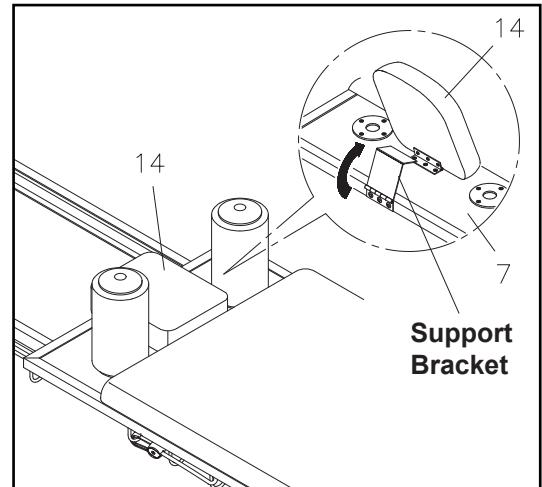
### ROPE LENGTH ADJUSTMENT

The **ROPES(18)** feed through the **PULLEY SETS(22)** then thread through the loops on the underside of both outer edges of the **CARRIAGE(7)**. **PLASTIC SNAP HOOKS(19)** on the end of each rope are used to adjust the **ROPE(18)** length. If more length is needed, as when performing some leg exercises, then attach the **PLASTIC SNAP HOOKS(19)** to loop **D**. To shorten, as when performing some arm exercises, then bring the **ROPES(18)** around the last loop **D** and secure to loops **A**, **B**, or **C** with the **PLASTIC SNAP HOOKS(19)**. Wrap the **ROPES(18)** around and through the loops again and attach where needed to shorten **ROPES(18)** even more.



### HEADREST ADJUSTMENT

The **HEADREST(14)** on the **CARRIAGE(7)** can be positioned at an incline by simply pivoting the **SUPPORT BRACKET** underneath the **HEADREST(14)**.



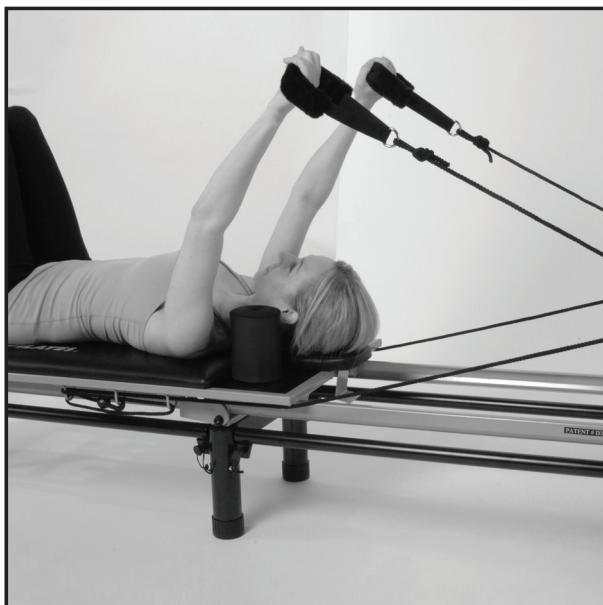
## OPERATIONAL INSTRUCTIONS

### CUSTOMIZING ROPE LENGTH

Ideal rope length will vary depending on your height and limb length. To determine your ideal rope length, begin by placing the hand/foot straps over the shoulder rests as shown below. Adjust the ropes so they are taut. For complete rope length adjustment instructions, see additional Rope Length Adjustment instructions in this Owner's Manual.



Next, lie on the reformer with your hands in the straps with shoulders against the shoulder rests. Reach your hands toward the ceiling until they are directly over the back edge of the reformer carriage as shown in the photo below. In this position, the reformer carriage should be at rest with no tension on the ropes. If there is still tension on the ropes in this position, lengthen the ropes. If you lose tension before reaching the arm position shown below, shorten the ropes.



## OPERATIONAL INSTRUCTIONS

### PULLEY HEIGHT ADJUSTMENT

#### Standard Setting- the top hole

The standard height setting for the reformer pulleys is the top setting. At the top setting, the pull of the ropes provides the most support and feedback for the body. Place your pulleys at the top setting to most easily achieve proper form and to engage the core muscles.



#### Variable settings- lower four holes

You can add variety to your routine by using different pulley settings. The lower you set the pulleys, the less guidance and support you receive from the ropes. By providing less guidance and support, the lower settings further challenge strength and coordination.



## OPERATIONAL INSTRUCTIONS

### RESISTANCE CORD STRENGTH

The approximate maximum resistance provided by each cord is outlined in the chart below. Frequency of use, type of use and user weight will have an effect on the strength of your cords. Over time cord strength will gradually decrease. Replacement cords are available by contacting Stamina customer service at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com).

TENSION CORDS	CORD RESISTANCE
YELLOW	approximately 16 pounds
BLACK	approximately 24 pounds
RED	approximately 34 pounds

### TENSION CORD SELECTION

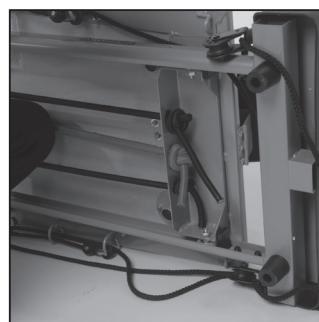
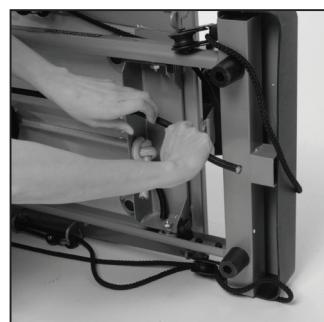
The **AeroPilates®** workout wall chart and workout DVDs indicate which cords to use for each exercise.

### TENSION CORD REPLACEMENT

To replace or add a tension cord, first carefully release the carriage and tip your machine on its side. Untie the knot that secures the cord you are replacing and simply pull it out. Thread the new cord through the metal holes from the end of the carriage to the other end.



Pull tightly on the cord stretching it to the point that allows you to tie a double knot, and release the cord into place.



1

2

3

4

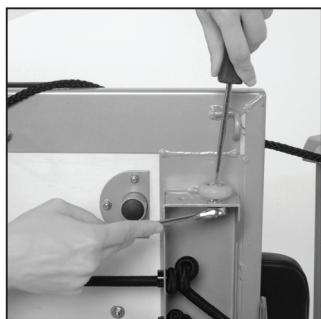
## OPERATIONAL INSTRUCTIONS

### CARRIAGE WHEEL REPLACEMENT

To replace a carriage wheel, first remove the carriage by releasing the cords and sliding the carriage all the way back to the top end or rear frame of the machine. Tip your machine on its side, bend the machine at the hinge, and simply slide the carriage off the frame.



Turn the carriage upside down so it is cord side up. Using a crescent wrench and flat head screwdriver, remove the screw that is holding the wheel in place. Replace the old wheel with the new one, add the washer, push the screw through the wheel and tighten with the nut.



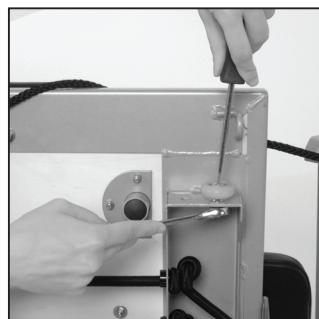
1



2



3



4

### WEBSITE RESOURCES

You can find use and maintenance instructional video clips at [www.staminaproducts.com](http://www.staminaproducts.com).

## STORAGE

1. To store the AeroPilates® Performer Plus 5002, simply keep it in a clean dry place.
2. The **FRONT FRAME(1)** of the AeroPilates® Performer Plus 5002 has built-in **WHEELS(27)** for easy moving. To move, be sure at least one of the tension cords is attached to prevent the **CARRIAGE(7)** from sliding, then lift from the end of the **REAR FRAME(2)** and roll.
3. The AeroPilates® Performer Plus 5002 folds for storage. To fold, be sure no tension cords are attached and slide the **CARRIAGE(7)** to the end of the **REAR FRAME(2)**. Remove the **FOOTBAR(5)**, **CARDIO REBOUNDER(50)**, and **FOAM PAD ASSEMBLIES(16)**, then lift the AeroPilates® Performer Plus 5002 onto its side with the **LOCKING PIN(28)** side up. With the machine hinging in the middle, move the **FRONT FRAME(1)** toward the **REAR FRAME(2)** until the frame ends meet. Insert the **LOCKING PIN(28)** into the hole in the **REAR FRAME(2)**, and the AeroPilates® Performer Plus 5002 is ready to store.

**⚠ CAUTION** Keep hands clear of the hinge when folding and unfolding the unit.

## MAINTENANCE

The safety and integrity designed into the AeroPilates® Performer Plus 5002 can only be maintained when the AeroPilates® Performer Plus 5002 is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the AeroPilates® Performer Plus 5002 should be removed from service until repair is made.
3. Verify that the **CAUTION LABEL(59)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(59)** if it is missing or damaged.
4. Verify that the **ROPES(18)** are properly installed on the **PULLEY SETS(22)**.
5. Check the condition of the **ROPES(18)** and replace if they are frayed or worn.
6. Check the **PLASTIC SNAP HOOKS(19)** on the ends of the **ROPES(18)**. Replace the **PLASTIC SNAP HOOKS(19)** if they are damaged or deformed.
7. Check the **TENSION CORDS(8, 9, 10)**. If any of the **TENSION CORDS(8, 9, 10)** are stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(8, 9, 10)** that are frayed or worn.
8. Check the **BUNGEE CORD(52)** on the **CARDIO REBOUNDER(50)** for wear. Replace the **BUNGEE CORD(52)** if it is frayed or worn.
9. Check the **PULLEY SETS(22)** for excessive wear. Replace worn **PULLEY SETS(22)**.
10. Check the **HAND/FOOT STRAPS(20)** for damage. Replace damaged parts.
11. Check the **FOAM SLEEVE(6)** and **FOAM PADS(16)** and replace if damaged or worn.
12. Check the **STOP PLATES(29)** for looseness or damage and replace any damaged parts.
13. Check the **CUSHION(13)** and replace if it is damaged or worn.
14. Check and clean the **ROLLERS(32)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
15. Only Stamina Products supplied components shall be used to maintain/repair the AeroPilates® Performer Plus 5002.
16. Keep your AeroPilates® Performer Plus 5002 clean by wiping it off with an absorbent cloth after use.

## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

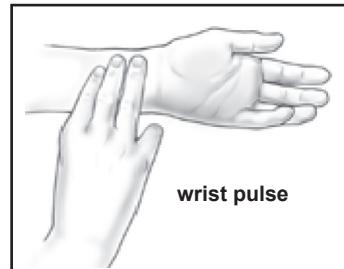
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



### Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

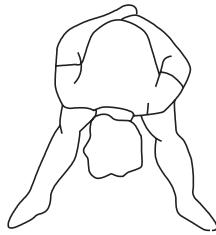
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## WARM-UP and COOL-DOWN

**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

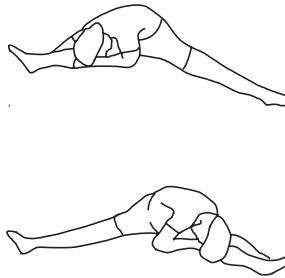
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



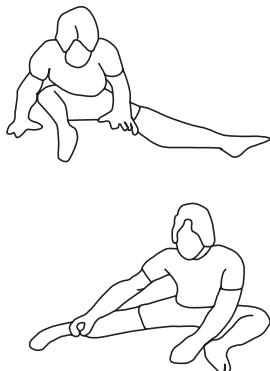
#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.  
**DO NOT BOUNCE!**  
When the pull on the back of the legs lessens, gradually try a lower position.



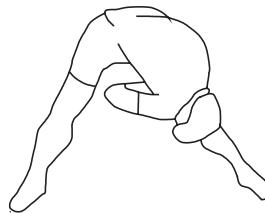
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.  
**DO NOT BOUNCE!**  
Do this stretch 10 times.  
Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



#### Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.  
**DO NOT BOUNCE!**  
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember to always check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

**WARRANTY**

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com), or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

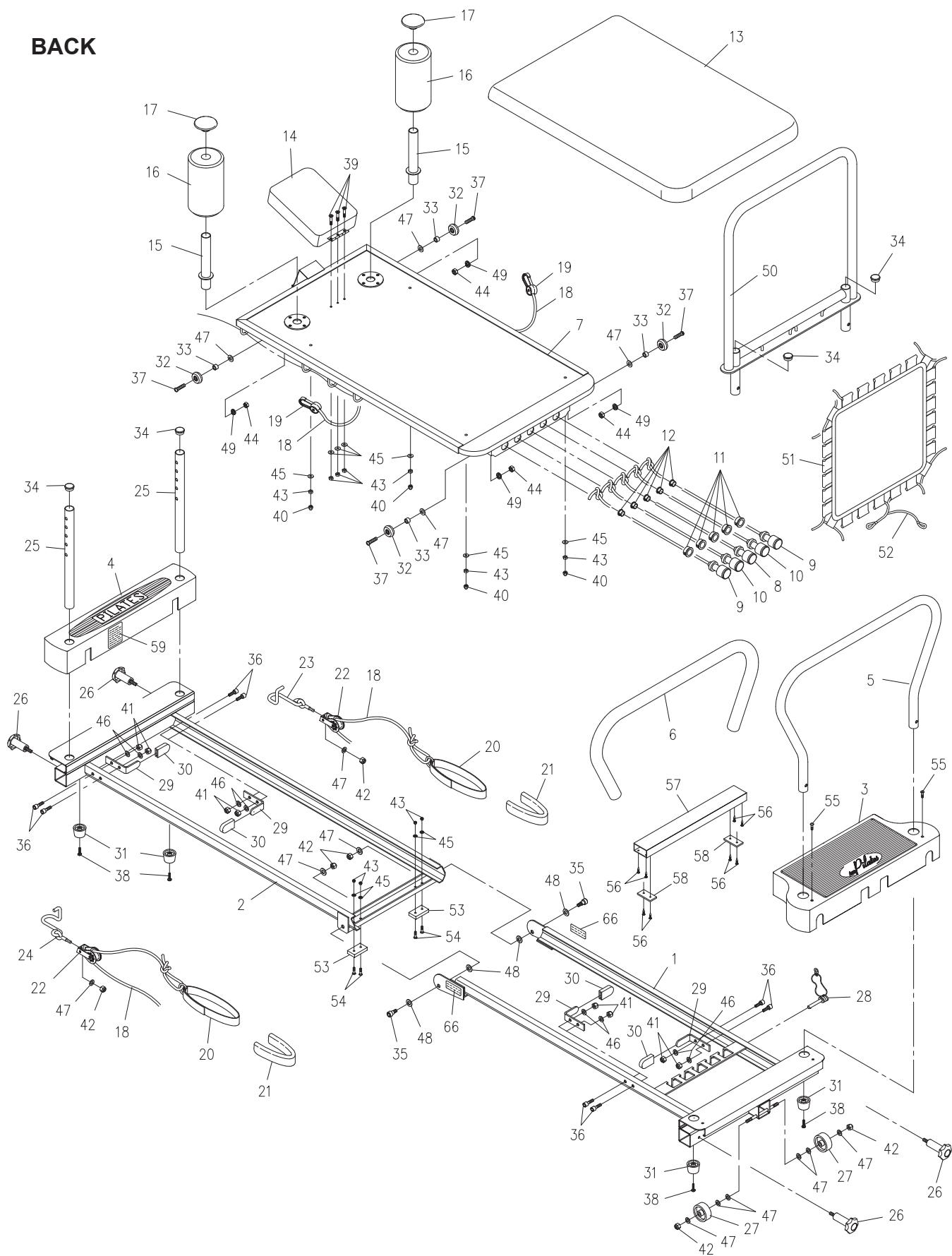
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## **PRODUCT PARTS DRAWING**

## BACK



## FRONT

## PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Front Cover	1
4	Rear Cover	1
5	Footbar	1
6	Foam Sleeve	1
7	Carriage	1
8	Low Tension Cord, Yellow Color	1
9	Medium Tension Cord, Black Color	2
10	High Tension Cord, Red Color	2
11	Support Bushing	5
12	Stop Bushing	5
13	Cushion	1
14	Headrest	1
15	Foam Pad Tube	2
16	Foam Pad	2
17	Foam Cap	2
18	Rope	2
19	Plastic Snap Hook	2
20	Hand/Foot Strap	2
21	Grip Pad	2
22	Pulley Set	2
23	Left Pulley Hook	1
24	Right Pulley Hook	1
25	Pulley Riser	2
26	Locking Knob	4
27	Wheel	2
28	Locking Pin	1
29	Stop Plate	4
30	Stop Pad	4
31	Rubber Foot	4
32	Roller	4
33	Roller Spacer	4
34	Round Plug (25mm)	4
35	Shaft Bolt, Socket Head (M8 x 1.25 x 20mm)	2
36	Bolt, Socket Head (M6 x 1 x 14mm)	8
37	Bolt, Round Head (M8 x 1.25 x 30mm)	4
38	Screw, Round Head (M5 x 0.8 x 35mm)	4
39	Screw, Flat Head (M5 x 0.8 x 25mm)	3
40	Acorn Nut (M5 x 0.8)	4
41	Nylock Nut (M6 x 1)	8
42	Nylock Nut (M8 x 1.25)	6
43	Nylock Nut (M5 x 0.8)	11
44	Nut (M8 x 1.25)	4
45	Washer (M5)	11
46	Washer (M6)	8
47	Washer (M8)	14

## PARTS LIST

PART#	PART NAME	QTY
48	Washer (M10)	4
49	Lock Washer (M8)	4
50	Cardio Rebounder	1
51	Mat	1
52	Bungee Cord	1
53	Support Stand	2
54	Screw, Small Round Head (M5 x 0.8 x 14mm)	4
55	Screw, Round Head (M5 x 0.8 x 12mm)	2
56	Screw, Flat Head (M4 x 16mm)	8
57	Support Tube	1
58	Rubber Pad	2
59	Caution Label	1
60	Combination Wrench	1
61	Socket Wrench	1
62	Manual	1
63	Workout Chart	1
64	AeroPilates® Level 1 Workout (DVD)	1
65	AeroPilates® Cardio Workout (DVD)	1
66	Pinch Point Caution Label	2

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com) or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



ONLINE  
CUSTOMER SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



TELEPHONE  
CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



FAX  
CUSTOMER SERVICE  
Fax: (417) 889-8064



STAMINA PRODUCTS, INC.  
ATTN: Customer Service  
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to receive email information or special offers from Stamina Products? Register at [contact.staminaproducts.com](mailto:contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://register.staminaproducts.com). Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

### PRODUCT REGISTRATION FORM

Stamina Products, Inc.  
P.O. Box 1071  
Springfield, MO 65801-1071

Model Number: .....

Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: .....

Purchase Price: .....

First Name: .....

Last Name: .....

City: .....

State: .....

Zip Code: .....

Email Address: .....

Phone #: (      ) .....

Would you like to receive email information or special offers from Stamina Products?\*  Yes  No \*If yes, be sure your email address is included above.

**Detach and Mail or Fax the Form Above**

## TO ORDER PARTS

If there are missing or damaged parts, you can go to [parts.staminaproducts.com](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

### PARTS ORDER FORM

Stamina Products, Inc.  
P.O. Box 1071  
Springfield, MO 65801-1071

Mr./Ms: .....

Address: .....

Apt. #: .....

City: .....

State: .....

Zip Code: .....

**IMPORTANT : We must have your phone number to process the order!**

Phone #: (      ) .....

Work Phone #: (      ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

**IMPORTANT : Before filling out the form below make sure you have the correct information.  
Refer to the parts list to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1

